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SUMMARY OF DISCUSSION-- SEMINAR CONFERENCE
Nutrition and Food Preservation-- March 8, 1946

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Following the presentation of the program in nutrition and food preservation by the subject-matter specialists, Miriam Birdseye and Mary E. Loughhead, a discussion of the program was held, with Director Wilson as leader. Pertinent points brought out in the discussion are summarized below:

1. The plan of the cooperative project with specialists of the Soil Conservation Service is to get them to consider how so-called wastelands might be used to improve the farm family food supply by growing nuts, berries, and other foods adapted to the soil and climate.
2. Nutrition should be tied in with all the Extension program; men need to study it as well as women. Nutrition is taken pretty much for granted in a country where food is plentiful but is a matter of great concern and importance where food is short.
3. Progress has been made in developing interest in nutrition in the total 4-H Club program, but there are still many boys and girls who have not seen enough of nutrition and health education. The enrollment in foods and nutrition projects is low by comparison with other projects.
4. The relation of the soil to the nutritive quality of food has not been conclusively demonstrated. Plans under way to set up projects in six or seven States, on a comparable basis, will give a backlog of information similar to statistical analysis and will more nearly provide an answer to the problem of what makes food good.
5. One trend in the field of nutrition which is quite important is teaching nutrition in the elementary grades in school. It should be more closely hooked up with the school lunch program.
6. The Extension Service program in nutrition has been largely geared to and made available to farm people. The scope should be broadened to reach more people, particularly in small towns and villages where diets are conspicuously low in nutritive value.
7. The national dietary study made in 1942 was too small a sample to break down into factual information that would be very valuable to the States in a nutrition program. Last year two larger samples were made in open country on relation of income and home-produced food to the dietary pattern of the family. These can now be used as a basis for other studies.
8. As agricultural educators we need to work for a dual conception of food, in the minds of farm people, both men and women. Food has been too largely dealt with as an article of commerce. We all need to build up, along with that concept, the idea that food is also an article of life and goes into the living of our country and State.

In closing, Director Wilson paid tribute to Miss Birdseye for the assistance given to the States in developing an able staff of State specialists and her influence on taking the nutrition story into the farm homes in every State in the United States.

